



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 20050, Rice, white, medium-grain, raw, enriched

Report Date: June 27, 2017 04:54 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.16 Fat Factor: 8.37 Protein Factor:3.82 Nitrogen to Protein Conversion Factor:5.95

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 195g
Proximates					
Water	g	12.89	16	0.477	25.14
Energy	kcal	360	--	--	702
Energy	kJ	1506	--	--	2937
Protein	g	6.61	18	0.197	12.89
Total lipid (fat)	g	0.58	6	0.058	1.13
Ash	g	0.58	17	0.044	1.13
Carbohydrate, by difference	g	79.34	--	--	154.71
Fiber, total dietary	g	1.4	--	--	2.7
Minerals					
Calcium, Ca	mg	9	2	--	18
Iron, Fe	mg	4.36	3	0.800	8.50
Magnesium, Mg	mg	35	2	--	68
Phosphorus, P	mg	108	4	5.412	211
Potassium, K	mg	86	5	5.551	168
Sodium, Na	mg	1	2	--	2
Zinc, Zn	mg	1.16	2	--	2.26
Copper, Cu	mg	0.110	2	--	0.214
Manganese, Mn	mg	1.100	2	--	2.145
Selenium, Se	µg	15.1	7	5.193	29.4
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.578	3	0.030	1.127

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 195g
Riboflavin	mg	0.048	5	0.012	0.094
Niacin	mg	5.093	3	1.111	9.931
Pantothenic acid	mg	1.342	2	--	2.617
Vitamin B-6	mg	0.145	2	--	0.283
Folate, total	µg	231	--	--	450
Folic acid	µg	222	--	--	433
Folate, food	µg	9	2	--	18
Folate, DFE	µg	386	--	--	753
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.11	--	--	0.21
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.158	--	--	0.308
14:0	g	0.003	--	--	0.006
16:0	g	0.141	--	--	0.275
18:0	g	0.011	--	--	0.021
Fatty acids, total monounsaturated	g	0.181	--	--	0.353
16:1 undifferentiated	g	0.002	--	--	0.004
18:1 undifferentiated	g	0.179	--	--	0.349
Fatty acids, total polyunsaturated	g	0.155	--	--	0.302
18:2 undifferentiated	g	0.128	--	--	0.250
18:3 undifferentiated	g	0.027	--	--	0.053
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.077	--	--	0.150
Threonine	g	0.236	--	--	0.460
Isoleucine	g	0.285	--	--	0.556
Leucine	g	0.546	--	--	1.065
Lysine	g	0.239	--	--	0.466

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 195g
Methionine	g	0.155	--	--	0.302
Cystine	g	0.135	--	--	0.263
Phenylalanine	g	0.353	--	--	0.688
Tyrosine	g	0.221	--	--	0.431
Valine	g	0.403	--	--	0.786
Arginine	g	0.551	--	--	1.074
Histidine	g	0.155	--	--	0.302
Alanine	g	0.383	--	--	0.747
Aspartic acid	g	0.621	--	--	1.211
Glutamic acid	g	1.288	--	--	2.512
Glycine	g	0.301	--	--	0.587
Proline	g	0.311	--	--	0.606
Serine	g	0.347	--	--	0.677
Other					